

# Spiritual Healing Trail

As you enter Darebin Parklands, you are embarking on a spiritual journey into the realm of nature and possibilities, as you walk toward the gum trees, let the leaves welcome and refresh you, allow them to relieve any stress, tension and division from your mind, to encourage you to focus on the reason for your visit.

Bunjil created Darebin Creek and surrounding bushland for people to find joy and be at peace within themselves and others. The Wurundjeri clan of the Woiwurrung people have cared for this land, and enjoyed it, through many millennia. Whoever you are who reads this, you are now invited to find joy and peace here, for yourself.

## Aim of the Trail

The Spiritual Healing Trail is a gift from the Aboriginal and Torres Strait Islander community as a gesture of reconciliation. It aims to promote personal good health through improving our emotional and spiritual well-being and a sense of being connected to the land where we reside, to others and most importantly ourselves.

## How does the trail work?

The Spiritual Healing Trail is simple. All you have to do is follow the map and directions in the brochure to get from site to site, and follow the instructions for each site to lead you through your healing journey.

## Development of the trail

The Darebin Aboriginal Reconciliation Working Party conceived the Spiritual Healing Trail. Both Darebin and Banyule City Councils and Darebin Aboriginal and Torres Strait Islander Community Council (DATSICC) support the trail concept. The hosts, the Darebin Creek Management Committee (DCMC), conducted the development and construction of the path and works.

# 1. Spiritual Healing Trail



## 1. Gathering

**Gather your thoughts. Identify and prioritise your issues.**

During this stage of your journey take time to meditate on your problems and issues of concern. Harness the tranquility and peacefulness of the area, and use them to open your mind. Reflect on all the concerns you have in your life at present.

This can be likened to stirring up the water to create a muddy or cloudy area where things cannot be seen clearly. Waiting for clarity teaches us to be patient. This action allows us to realise that you need to step back, and not act in haste. If you wait for the water to clear you can look at what there is to see.



When you are confident that you can clearly see the concerns and issues that you are carrying, divide these into two groups:

1. Problems that you can manage or that you have some control over; and
2. Problems that you can't manage right now, or which you have no control over.

Once you understand which problems you have some control over and those that you don't, you are ready to begin your journey to the next stage in your healing.

# 2. Spiritual Healing Trail



## 2. Purifying

**Let the water wash away issues you have no control over.**

At this point you will have to cross the Darebin Creek. Stop at the creek bank to wash your hands to symbolically resolve these problems that you have no control over, or that cannot be resolved at this point in time.

Do not waste energy on problems and issues that cannot be resolved. Let them go, or put them to one side for the time being. Dealing with those issues that we can control ensures that we channel our energy toward productive activities that will result in a positive outcome or benefit.



Once you have put aside those problems over which you have no immediate control, you are ready to continue the journey through the gum tree lined valley toward a tranquil wetland.

# 3. Spiritual Healing Trail



## 3. Contemplation

**Draw energy from the good things in your life.**

Give a little time now to consider how you are feeling within your journey.

Think of where you have been and use your surroundings to connect yourself with the spirit of place. Consider your surroundings. Picture a wetland in your mind then probe deeper into the water before you and the diversity of life that it supports. Sometimes things that might look worthless or simple have great value for those who choose to search for it.

Then consider the richness and fullness of your life. Draw energy from the good things, whether it is friends, family or anything positive that makes you feel happy. Think about planning things you can do to deal with the issues confronting you.

Store positive values from lessons learned while confronting your problems. Think about developing an action plan to deal with your immediate problems. Will your actions act to sustain growth in your life and others?



Reflect at this point on relieving your pressure. What will work for you - advice, counselling, information, reliable support, people or services? How can you share the pressure you are feeling?

Work your issues again through your mind until you feel satisfied within yourself that you can now deal with them and take control of your life.

# 4. Spiritual Healing Trail



## 4. Possibilities

**One step at a time**

Walk along the edge of the creek until you find another crossing. There is a fish ladder located here. The ladder is symbolic of the need to take one step at a time to overcome big obstacles.

Take some time to meditate on your issues for possible solutions by using this same principle. Think about the small steps you might take to start addressing your problems. Focus on what you can do immediately that might be applicable and relevant to the situation.



Just as the fish ladder has been built to help fish in their journey, all of us have some 'ladders' to help us on our journey. Think about people in your family or workplace and the friends you have who can help you along the way. Think about the services and organisations in the community that might help you resolve your problems.

Once you have thought about the first steps to resolve your problems and identified the 'ladders' in your life, read on to find where the trail takes you to in the healing journey. You will cross the creek and climb to the higher ground away from the creek.

# 5. Spiritual Healing Trail



## 5. Ready to go

**You're on top of the world and on top of your issues.**

As you climb the hill, think about the effort that it takes to reach a goal or destination in your life. Resolve to make the effort to reach the top of the hill and to take the first step in your action plan. Take some time to sit on top of the hill. Summarise all the key points and conclusions you have reached to develop an action plan for the future. Keep re-stating the plan to yourself to reinforce it.

Take the effort to reach the top of the hill and to take the first step in your action plan. Take some time to sit on top of the hill. Summarise all the key points and conclusions you have reached to develop an action plan for the future. Keep re-stating the plan to yourself to reinforce it.

Look back over the journey you have taken.

- You have made a positive choice to heal yourself.
- You have chosen some issues that you can do something about and put aside those things over which you have no control.
- You have resolved to take some simple steps to deal with your issues.
- You have thought about who or what can assist you in your journey.
- You have reflected on the richness and worth of your life.

Now make a declaration to yourself to realize in both word and action whatever you have identified during your journey.



Congratulations - you are on the right path towards a rich, fulfilling and rewarding lifestyle.



Darebin Parklands

## Spiritual Healing Trail

Contacts: (2 more contacts to come)

Darebin Creek Environment Centre  
(Located within Darebin Parklands)

Cnr Separation Street and Yara Road  
Alphington 3078  
Phone/fax (03) 9499 3486  
Website: [www.dcmc.org.au](http://www.dcmc.org.au)

### Acknowledgements

All work on the Spiritual Healing Trail has been undertaken with approval from members of the traditional custodians of the land the Wurundjeri people, members of the local Aboriginal community, members of the general community and the Darebin and Banyule Councils, with guidance from Rangers of Darebin Parklands.



DATSICC (Darebin Aboriginal & Torres Strait Islander Community Council)

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Embark on a spiritual journey....